



## WEEK TO SLEEP™

### Common Pitfalls

If you aren't seeing progress, go back and re-watch the videos. Are you following the program exactly as described?

Below is a list of common pitfalls that can impact success.

- ➡ Re-tucking in your child during take-backs. Even covering them with the blanket is enough to keep them coming out over and over again.
- ➡ Saying anything besides the key phrase  
ex. "It's ok", "Come on", "You're ok" etc.
- ➡ Saying the key phrase differently throughout the night- the wording and tone needs to be exactly the same each time each night.
- ➡ Saying the key phrase in an emotional voice rather than a quick, quiet, run on sentence business tone.
- ➡ Starting bedtime too late or too early- timing matters.
- ➡ Your child napping longer than two hours during the day.  
Double check with childcare that they also are following this.
- ➡ If multiple adults are sleep training, everyone must be consistent and following the program.
- ➡ Sitting with, laying with, giving milk, using a pacifier, taking your little one into your bed. etc.
- ➡ Meeting any after bedtime requests- covering up, glass of water, back pat, finding lovey, etc.